



BASIC WATER SAFETY TIPS TO KNOW

-Children and non swimmers should always wear a life jacket

-Don't dive/jump into water you cannot see through

-Always keep an eye on your children when you are near any type of water

-Obey all posted rules

-Wear sunscreen or sun protective clothing when outdoors

-Always swim with a buddy

-Be aware of lightning, when you hear thunder you should exit the water

CLASS DESCRIPTIONS

Parent & Tot (6m-3)

- Getting wet with toys and kicking
- Blowing Bubbles on the surface
- Enter water by lifting in and walking in
- Out-of-water and in-water exploration
- Exit water by lifting out and walking out

Preschool 1 (4-5)

- Enter and exit water using ladder, steps or side of pool
- Submerging mouth, nose, and eyes in water
- Open eyes under water and retrieve submerged objects
- Roll from front to back and back to front

Preschool 2 (4-5)

- Enter water by stepping in from side of pool
- Exit water using ladder, steps, or side of pool
- Front and back floats and glides
- Recognize the lifeguards
- Tread water using arm and leg actions

Preschool 3 (4-5)

- Enter water by jumping in from side of pool
- Fully submerging and holding breath under water
- Bobbing in the water
- Front, jellyfish, and tuck floats in water
- Back float and glide
- Combined arm and leg actions on front and back

Level 1 (6+)

- Enter and exit the water using ladder, steps or side of pool
- Bobbing in the water
- Open eyes under water and retrieve submerged objects
- Front and back glides and back float
- Tread water using arm and hand actions

Level 2 (6+)

- Enter water by stepping or jumping from the side
- Exit water, using ladder, steps, or side
- Front, jellyfish, and tuck floats in water
- Roll from front to back and back to front
- Finning arm action on back in water

Level 3 (6+)

- Enter water by jumping from the side of pool
- Headfirst entry from the side in sitting and kneeling positions into the pool
- Bobbing while moving towards safety
- Rotary breathing
- Survival float in water

Level 4 (6+)

- Headfirst entry from the side of pool in compact and stride positions
- Feet first surface dive
- Swim under water for longer distances
- Survival swimming
- Tread water using two different types of kicks

To register in person, please visit the Little Elm Recreation Center at 303 Main St., Little Elm, TX 75068. **Discounts are only available in person**

To register online, please visit: www.lakefrontrecreation.com